Would you like some food with that sugar?

Hidden sugars are everywhere, and they can wreak havoc on your health, happiness, and weight management goals. Many American diets are (unknowingly) loaded with an excessive amount of refined carbs and sugars. These foods not only lack good nutrition, but they also have a high glycemic index, which makes our blood sugar levels skyrocket. Unfortunately, this sugar “high” is often followed by a just as powerful “crash” (hello, afternoon slump). What’s more, these refined carbs and sugars are low in fiber and digested quickly, so you feel more hungry, more often. That can lead to—you guessed it—weight gain.

Get back in balance.

Cutting out carbs and sugars completely may be nearly impossible for some people, which is why it’s important to maintain healthy blood sugar levels within a normal range, and to do whatever possible to minimize the negative effects of eating carbs and sugars.

The answer is Plexus Balance.

How Balance works.

Balance works in three distinct ways to help provide blood sugar support and carb control: (1) Balance minimizes unwanted blood sugar spikes by slowing the speed at which carbs and sugars are digested, so you get a steady release of energy into the bloodstream; (2) it reduces the absorption of carbs, leaving them undigested so they can be gradually broken down by gut bacteria, without releasing a flood of glucose into the body; and (3) it helps the body more efficiently manage glucose levels, minimizing glucose peaks and valleys so you can avoid that dreaded post-meal crash.*

Balance contains natural, clinically-studied ingredients like white kidney bean extract, common bean extract, cinnamon bark extract, and mulberry leaf extract. Together, these ingredients create a technologically-advanced formula for daily blood glucose support and carb control.*

Balance’s Primary Benefits

• Helps maintain blood sugar already in the normal range*
• Delays digestion and reduces the absorption of carbs and sugars*
• Supports weight management^*
• Reduces the glycemic index of carbs and sugars*
• Helps neutralize enzymes that turn carbs and sugars into glucose*
• Helps reduce calorie intake*

Balance’s Advantage

• Gluten free
• 100% Vegetarian
• Non-GMO

Who should use this product?

Balance is for anyone who is interested in supporting healthy blood glucose levels. Balance is also for anyone who wants to slow the negative effects of carbs and sugars in the diet, or who want to reduce post-meal lethargy or energy crashes. Finally, Balance is for individuals interested in weight management and a healthier lifestyle.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

*When combined with a reduced calorie weight loss diet plan
Plexus Balance™ FAQ

How many servings of Plexus Balance™ can be taken daily?
It is recommended to take two capsules of Balance with or before your largest meal each day.

When should I take Plexus Balance?
Balance may be taken at any time during the day, but the recommended directions are designed to maximize product efficacy.

Do I have to take Plexus Balance with my largest meal each day to get the product benefits?
Balance may be taken at any time during the day, but the recommended directions are designed to maximize product efficacy.

Does Plexus Balance interfere with the absorption of nutrients?
One of the many benefits of Balance is it reduces the absorption of carbs and sugars without blocking the absorption of any beneficial nutrients (protein, vitamins, and minerals). So, you get a level of protection against glucose overload while ingesting healthy nutrients from the food you eat.

If I take more than the recommended dose, can I eat more carbs and sugars?
When taken daily, Balance reduces the negative effects of carbs and sugars by reducing the enzymes (alpha-amylase and alpha-glucosidase) that break them down. However, Balance is not intended as a means to support the overconsumption of carbs and sugars at mealtime. To experience the optional benefits of Balance, please follow the recommended use with healthy food intake.

Which Plexus products pairs well and works best with Plexus Balance?
Balance is a beneficial partner to products like Slim, Lean, MetaBurn, MegaX, Ease, and Active. Always consult with your physician before starting Balance or any other supplementation.

Can I take Plexus Balance before consuming a Lean meal replacement shake?
You can, but to maximize product efficacy you should take Balance before your largest meal of the day.

Does Plexus Balance contain gluten, nuts, soy, yeast or dairy products?
No. Plexus Balance is FREE of gluten, nuts, soy, yeast, and dairy.

Are there any preservatives, artificial colors or flavors in Plexus Balance?
No. Plexus Balance is FREE of preservatives and artificial colors or flavors.

Balance Ingredient Glossary

Key Ingredients

White Kidney Bean Extract (Phaseolus vulgaris (natural))
An ingredient that is extracted from uncooked white kidney beans. This cultivar of bean is rich in special types of glycoproteins. These glycoproteins reduce the function of alpha-amylase, the digestive enzyme responsible for the breakdown of starch molecules into sugar. This works due to the glycoproteins binding with the enzyme in such a way that blocks starch from accessing the active part of the enzyme, reducing the capacity to breakdown starch, resulting in a much slower release of glucose from complex carbs.

Common Bean Extract (Phaseolus vulgaris L.) (natural)
Phaseolus vulgaris, also known as the common bean, is an annual plant grown worldwide for its edible dry seeds (called beans). This ingredient is extracted from uncooked cranberry beans, another cultivar of bean that is rich in special types of glycoproteins that reduce the function of alpha-amylase, the digestive enzyme responsible for the breakdown of starch molecules into sugar. The process by which these glycoproteins bind to alpha-amylase to block its activity takes a little bit of time and is why for optimal results, Balance should be taken with or before your largest meal of the day.

Cinnamon Bark Extract (Cinnamomum cassia) (natural)
Cinnamon, the spice, is made from the ground dried bark of plants from the genus cinnamomum. Cinnamon has been cultivated for centuries due to its use in traditional Chinese medicine as well as its unique, warm spice flavor that it is known for. Polyphenols found in cinnamon are thought to balance the endocrine system’s hormonal response to food, thereby helping maintain healthy blood glucose levels. Though often considered inferior in taste quality to Ceylon cinnamon (Cinnamomum verum), Cinnamomum cassia is more abundant in the bioactives responsible for cinnamon’s blood glucose management benefits and is the most extensively studied.

Mulberry Leaf Extract (Morus alba L.) (natural)
Native to China, mulberry trees have been cultivated for centuries due to their leaves being the sole food source of silkworms, used for silk production. Their leaves have also been consumed by humans in the form of mulberry tea for centuries as well. Mulberry leaves and stems are abundant in special types of nitrogen containing sugars, the most abundant of which is 1-deoxynojirimycin, also called moranoline, but often abbreviated DNJ. DNJ is an inhibitor of alpha-glucosidase enzymes in our small intestine, effectively slowing down and reducing the ability of our digestive enzymes to breakdown simple sugars like sucrose into their monosaccharide forms (glucose and fructose). Sugars cannot be absorbed unless they are broken down into monosaccharides. Additional minor components in mulberry leaf extract have been found to reduce intestinal absorption of glucose, making this a multifaceted carb blocking ingredient.

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Excipients/non-actives

Dicalcium Phosphate (naturally derived)
This is added to help with flow of the product ingredients and compaction during encapsulation.

Sunflower oil powder (naturally derived)
Sunflower oil is extracted from the seeds of the sunflower. This is used as a natural lubricant to help prevent sticking to metal contact surfaces during encapsulation.

Silicon Dioxide Powder (naturally derived)
This is added to the powder mixture in order to ease the flow of the material through the manufacturing equipment, and to remove moisture to prevent the powder from clumping.

Hypromellose (vegetarian capsule) (naturally derived)
The capsule shell is made from hypromellose, derived from pine trees. This capsule shell is non-GMO, and vegan. It is a natural and non-GMO filler (not flow agent), to insure specified weight is met consistently during encapsulation by adequately filling the capsule.

Microcrystalline cellulose (naturally derived)
Cellulose is the structural component of the primary cell wall of green plants, a fine powder used as a binding agent in tablets the body can break down to absorb at the cellular level.

Balance Ingredient Glossary

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

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<thead>
<tr>
<th>Ingredient</th>
<th>Amount Per Serving</th>
<th>% DV</th>
</tr>
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<tbody>
<tr>
<td>Proprietary blend</td>
<td>1150 mg **</td>
<td>**</td>
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<tr>
<td>White kidney (Phaseolus vulgaris) bean extract, mulberry (Morus alba L.) leaf extract, cinnamon (Cinnamomum cassia) bark extract, common (Phaseolus vulgaris L.) bean extract</td>
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** Daily Value (DV) not established

Other Ingredients: Hypromellose (vegetarian capsule), microcrystalline cellulose, dicalcium phosphate, silicon dioxide, sunflower oil powder (sunflower oil, modified tapioca starch)

Do not take if you are pregnant or nursing, or under 18 years of age. Consult a physician prior to using this or any other dietary supplement.

Store in a cool, dry place.